

Siu Lim Tau Level Assessment

Basic (Solo) Training

- Yee Gee Kim Yuen Mar and verbal explanation to assist clarity in your understanding
- Punches: singles, threes and fives
- Jic Jern (Straight Palms): singles, threes and fives
- Mid section kicks from Yee Gee Kim Yuen Mar with a guard
- Biu Mar with punches, including ninety-degree angles and kicks
- Stepping forwards and backwards in Sarm Bok Mar

Partner Training

- Straight punch attack – Defending with: Tan, punch
- Straight punch attack – Defending with: Relaxed contact, Front Kick the knee, step in with Pak & Punch
- Straight punch attack – Defending with: Inside Pak Sau, Jic Jern (Single hand)
- Hook punch attack – Defending with: Turning Biu and Punch
- Straight punch attack – Defending with: Bong, Lap, Fak Sau, (If the Fak Sau is blocked), follow with Lap & Wan Jern (Side Palm)
- Straight punch attack – Defending with: Moving sideways using Pak Sau then Front Kick to the knee

- Pak Sau Drills with varying counter attacks depending on initial defence used, these should include:
 - If Pak jammed – second Pak Punch
 - If punch blocked in centre – second Pak Punch
 - If punch blocked across centre – Lap, Fak Sau

Siu Lim Tau Complete

- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – single Pak Sau's
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Pak, Tan, Pak
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Tan, Pak
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Tan, Lap & Palm
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Tan, Garn, Tan, Pak

Dan Chi Sau

- Dan Chi Sau, Lap Sau (Combined)
- Lap Sau exercise, (Cheun Mar)
- Poon Sau and changes
- Gor Sau
- Free flow (only attacking using a straight or a cross)
- Fifty Chain Punches with speed